

# The Coyotelog

AF Outstanding Unit - 2000, 1985, 1979

The Monthly Newsletter of the 190th Air Refueling Wing

Vol. 47, No. 2 November 2004

## Everybody Wins! Kicks off ninth year

By 2nd Lt Joe Blubaugh  
190th Public Affairs

More than 300 students from 10 Shawnee County elementary schools gathered at the State Capitol in Topeka on September 30, 2004 to kick off the ninth year of the Big Brothers and Big Sisters of Topeka Everybody Wins! program.

The program matches adult volunteers from the community, including 15 members of the 190th ARW, with local elementary school students.

The kickoff event marked the start of the sixth year of volunteering in the program for Master Sgt. Kathy Thornton, Training Manager

for the 190th Mission Support Group. "I had the same little girl from second through sixth grade," said Thornton. "It has been very rewarding to see her ability and skills grow from a timid second grader to a confident sixth grader."

The volunteers and students get together once a week at the school during the student's lunch period to share in conversation and read together. Michelle Wilson, Executive Director of Big Brothers and Big Sisters of Topeka, says the program is more than just helping children with

their reading skills. "The program builds mentoring relationships between the children and the volunteers in addition to increasing the kids' reading and social skills."

Volunteers from the 190th will be working with students from Pauline South and Pauline Central. "This year I will be working with a new 1st grader," said Thornton. "I have a 1st grader at home. It will be really interesting to read to both of them and watch them grow."

Please contact 1st Lt. Chris Hill if you are interested in volunteering in the Everybody Wins! program.



### Coyote Readers

Lt Col Andy Baden and CMSgt Danny Roush with students from Pauline Central  
(photo by: 1st Lt. Chris Hill)



1st Lt Chris Hill with students from McClure Elementary School  
(photo by: 2nd Lt. Joe Blubaugh)

# Self-Inspection: Key to success

**By Col. Deborah Rose**

*190<sup>th</sup> ARW Vice Commander*

Most unit members know the Wing will undergo a Unit Compliance Inspection (UCI) in March 2005. The only means to prepare for this inspection is through the use of a Self-Inspection program. The overarching purpose of a Self-Inspection is to provide commanders with a tool for the internal assessment of a unit's health, as well as fulfilling the requirements of external inspections and assessments.

Last month's issue of the Coyote Log began our journey to educate the base populace on Self-Inspection. This month's Commander's Comments is a reprint of Brig. Gen. Zamzow's article, "10 Ways to Dazzle the IG During an Inspection." Brig. Gen. Mark Zamzow is the Air Mobility Command Inspector General. Since his agency will perform our Unit Compliance Inspection, there is no better perspective to begin our journey than through his own words. Read his comments carefully, and determine how you will utilize his message to prepare for our UCI.



**Col. Deborah Rose**  
190th ARW Vice Commander

## UCI Preparation

### 10 ways to dazzle the IG during an inspection

**By Brig. Gen. Mark Zamzow**

*AMC Inspector General*

What you consider as your worst nightmare is coming to fruition: The Inspector General is coming to your unit to conduct a periodic readiness or compliance inspection!

Apprehension, worry, fear, anxiety and tension float through the wing like a thick fog as questions arise in everyone's minds: What will the IG team expect of me? What will they focus on? Are those "black hat" inspectors going to intentionally intimidate me? Is there enough time to prepare? What happens if we bust? What do we need to do to succeed? Help!

Wait a second! Rewind the tape and let's take another look at this. Is the IG's visit really a nightmare, or is it a blessing in disguise?

Everyone in today's Air Force needs to realize that a routine inspection of any type is, in fact, a good thing, an *opportunity*, and a chance to:

*° Conduct a detailed scrub of your regulatory compliance and mission capabilities.*

*° Identify and fix discrepancies, problems and weaknesses.*

*° Improve morale and teamwork by rallying your folks behind a common near term objective.*

*° Demonstrate your unit's ability to support the warfighter.*

*° Validate just how good your unit really is!*

In the months prior to the big inspection, units should educate their folks on the rationale and positive reasons behind it, motivate them to dig deep into their processes and procedures, train extensively to ensure everyone is up to standards, and fix all the things that are weak or broken. As part of this process, it is critical that a thorough self-inspection (beyond routinely scheduled self-inspections) be conducted. This will sometimes illuminate more flaws in the armor than you ever imagined!

Here's another good preparation technique for leadership: Use the IG as an *excuse* to buckle down and get folks re-energized about ensuring compliance and improving readiness. The "aura" of the IG coming to town *can* be used to your advantage!

You should never forget that all the answers about the way things should be done are already out there in the form of laws, Air Force instructions, policy letters, operating instructions, technical orders, self-inspection checklists and more. Consequently, inspections really are "open book tests" right up to the time the inspector sets foot on your installation. Additionally, don't forget that up to the time the IG team arrives, they really act as a "white hat" organization. In case you've forgotten, the IG is comprised of top tier functional experts who want to help you prepare for and pass your inspection with flying colors.

The IG team also wants units to know their expectations about the inspections, so there shouldn't be any surprises. Therefore, folks should still always feel free to call the IG office, find the functional inspector who has the expertise on the

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# Community service coyotes

**By Tech. Sgt. Greg Burnetta**  
190<sup>th</sup> Public Affairs

Members of the Coyote family participate in local community orientated services on a regular basis. One example of this is the members of the Avionics department of the 190<sup>th</sup> Maintenance Squadron who deliver Meals-On-Wheels on the third Tuesday of the month to elderly and disabled Topeka residents.

"We were looking for a way to give back to the community," said Master Sgt. Rick Schwartz when talking about how he and other Coyotes became part of this program.

They learned about the Topeka Meals-On-Wheels organization from Tech Sgt Mike Molter, avionics electronic technician. "His wife works for Meals On Wheels, so

Mike knew a lot about it," said Schwartz.

Molter's wife, Debbie, is a site manager at one of the Meals On Wheels field offices in Topeka. Topeka is part of the area covered by the Meals on Wheels of Shawnee and Jefferson Counties, Inc. Their mission is to provide homebound disabled and elderly individuals the opportunity to live independently by providing nutritionally balanced meals and related services. They accomplish that mission by delivering a hot noon or evening meal to people who are not able to prepare nutritious meals for themselves. Volunteers deliver the meals Monday through Friday.

Dietary volunteers from Meals-On-Wheels meet with each new client, called customers, and one of their family members in order to

learn who has special dietary requirements before they receive their first delivery. The dietary staff from the Stormont-Vail Medical Center prepares the meals for the recipients. The meals are prepared and boxed and each customer's name is written on the box.

When it's time for the coyote volunteers to make their delivery runs, three of them leave Forbes Field at approximately 10:30 a.m. in their personal vehicles and drive to Stormont-Vail Medical Center. Almost all their customers live in the Topeka Expocentre's neighborhood, and it takes the coyotes approximately two hours to make their deliveries.

Molter said that a lot of their customers are anxious for the volunteer delivery people to get to their residence so they have someone with whom to visit for a few minutes. Some of them are waiting by their front door for us to arrive," he said. "If we see anything that doesn't seem right, we tell the Wheels people, and they send someone to check on the customer."

The avionics shop has been participating in the Meals-On-Wheels program for the past three and a half years. There are a few regular airmen who tend to make the runs, but nearly everyone in the shop has filled in and participated in it at one time or another, he said. "It's a very rewarding experience," said Molter.

More information about Meals-On-Wheels can be found at their web site: [www.meals-on-wheels-inc.org](http://www.meals-on-wheels-inc.org).



**Coyotes deliver Meals-on-Wheels**

Staff Sgt. Austin Bornman delivers a hot meal to Mr. West of Topeka as part of the Meals On Wheels program.  
(photo provided)

# Security Forces train at Pomona

By **Tech. Sgt. Greg Burnetta**  
190<sup>th</sup> Public Affairs

The 190<sup>th</sup> Security Forces sent a detachment armed with paintguns to Pomona Lake on October 3, 2004 to participate in a "Capture the Flag" exercise. The purpose of this training exercise was to practice protecting friendly assets as well as searching out and capturing, or neutralizing, enemy assets.

The members of security forces spent the night in the field and trained virtually non-stop until Chief Master Sgt. Gary Wadley called an administrative halt to the exercise a little after 2:00 a.m.

"They were rather aggressive in their patrolling, and needed a break," said Wadley.

Senior Airman Eric Hodges was one of the friendly forces who helped set up tents, latrines and casualty collection points – and then went out on patrol. Upon returning tired, dirty, and hungry on Sunday, he said, "I loved it."

One of the newer Security Force members, Airman 1<sup>st</sup> Class Jessica Lacore said, "It's great practice for future events such as IGXs."



Staff Sgt. Janet Wadley (left) digs a hole to plant team Wildcat's flag. (Pictured L-R: Wadley, Master Sgt. Mike Lowe, Staff Sgt. Kevin McCush).  
(photo by: Staff Sgt. Michael DeHaven)

## Continued

### "UCI" - From Page 2

subject you'd like to discuss, and ask those questions.

*The IG wants you to succeed* because it helps our Air Force sustain the highest readiness levels possible—that's the business we're all in! (Note: It also makes our job easier when units are on top of their game!)

Now, with that inspection preparation "time warp" complete, it is finally time for the real thing: the chance to show those IG inspectors just how *outstanding* you really are! All those preparations were certainly successful and all you need to do now is establish the right mindset.

Here's what I call *The 10 Best Ways for Inspection Participants to Dazzle the IG*:

**1. Competence:** Know your job inside and out, and perform those duties to the best of your ability despite the inspection scenario or the inspector's glare!

**2. Responsiveness:** Show that "sense of urgency" during every waking moment; lean forward in those starting blocks and then realistically propel yourself into every activity.

**3. Attitude:** Display a positive attitude, recognize that enthusiasm is contagious, and that problems always arise in the "fog of war" and can be overcome!

**4. Readiness:** Ensure your personal bags are packed, mobility requirements are current, the paperwork/processes in your work section are in perfect order, and you have trained effectively so you can infallibly perform your duties in peace and war!

**5. Aggressiveness:** React authoritatively with Ability to Survive and Operate (ATSO) skills in attack scenarios and with Self-Aid and Buddy Care (SABC) in medical emergencies. Effectively continue mission essential activities in all FPCON (Force Protection) levels, and treat inspections and exercises as the real thing.

**6. Appearance:** Look people in the eye, pop that sharp salute, and exceed those standards for uniform, boots and hair!

**7. Safety:** Approach duties with a safety-oriented mindset, know when not to press forward on actions because they're unsafe, and apply operational risk management (ORM) techniques to accomplish the mission!

**8. Leadership:** Lead by words and actions, formally and informally by moti-

vating, communicating and setting a positive example!

**9. Followership:** Follow taskings and orders quickly and effectively, employ teambuilding skills, and always keep the "objective" in sight!

**10. Pride:** Visibly exude pride in yourself, your unit, your mission and your base: Looking good, feeling good, being a winner!

If you scan through those 10 items again, you'll notice those attributes should not only shine through for the IG's visit, but are integral to the fabric of our Air Force culture as well! Clearly, they apply far beyond inspections as the foundation of "normal ops" every day of the year! So, in the future, when your unit is under the IG's inspection microscope, channel that apprehension and fear toward productivity, positive thinking and action. And, when the inspection starts, grab that inspector by the collar and say, "Follow me—I want to *show off* exactly why my unit and our people are *outstanding*!"

# Your military family

**By Tonya Van Sickle**

*190<sup>th</sup> Family Readiness*

November 21 - 27 is National Military Family week. As I sat here contemplating what positive words I could say about all the wonderful military families we have here at the 190<sup>th</sup>, a thought occurred to me. Many of you do not consider yourself a military family. I am sure of this based on the reactions I sometimes see when I, or someone else giving a briefing, begin talking about the 190<sup>th</sup> family. Some people nod positively while others just stare with a confused look on their face. FAMILY??? I am barely here and no one notices me. It is a part time job I just do. My spouse doesn't even know what I do for two days out here.

So, why would you consider your military family part of our 190<sup>th</sup> family? Think about the members of your family and all the roles they have. Dishwashers, nursing care providers, homework helpers, listening ear to a sister, the rational or logical one, or the heart of the family. All of these roles and jobs add up to one large functioning family unit. Some of the roles may be bigger than others, but you cannot imagine your family without everyone fulfilling their role.

Whether your role at the 190<sup>th</sup> is a small part of your life, or your full time job, it plays a part in the direction your life is going. Take time to explain to your family what your job is here and why you are part of the 190<sup>th</sup> family. Explain to them what being part of the National Guard means. With guard families constantly deploying, your family may worry about what that means for you.

Your job here is a large part of the overall mission of the 190<sup>th</sup> ARW. Sometimes you may leave here wondering what difference your job really makes. Just like your family, our family needs everyone completing their roles to achieve the mission.

Our extended, national, military family has a difficult job to achieve over the next several years. Never forget that you and your military family have a very vital and important role in our ability to achieve that.

**Educate yourself about military family life at the following websites:**

[www.nmfa.org](http://www.nmfa.org)  
[www.guardfamily.org](http://www.guardfamily.org)  
[www.militarychild.org](http://www.militarychild.org)  
[www.coyotefamily.com](http://www.coyotefamily.com)

## Family Readiness Reminders

### UTACHILDCARE

Please contact Family Readiness (861-4940) if you would be interested in pre arranged UTA childcare (there would be a charge, but hopefully at a discounted rate). This information will be used for a childcare proposal that is underway.

### 190th HOLIDAY PARTY

The 190th ARW Holiday Party will take place on Saturday evening of the December UTA. If you would like to volunteer your services for this event, please contact the Family Readiness Office (861-4940) as soon as possible.

### SANTA NEEDS HELPERS!

On Sunday afternoon of the November UTA, Santa needs some helpers!! We need adult volunteers to come help Santa with presents for the 190th children who will be visiting him at the December Holiday Party. If you would like to be a "stocking stuffer" call the Family Readiness Office (861-4940).



**Tuesday, November 2**

## Thrift Savings Plan

Open enrollment period for the Thrift Savings Plan (TSP) is now in full swing and will continue through December 31, 2004. The TSP is the retirement savings and investment plan for federal employees, including those in the uniformed services. The purpose of the TSP is to provide federal employees the same type of savings and tax benefits that many private corporations offer their employees under "401(k)" plans. You may sign

up for the TSP through the personnel office or through the "myPay" website.

There are differences in the percentage of salary that can be contributed to the TSP based on whether you are a technician or a traditional guardsman. For 2005, the maximum allowed contribution for technicians covered by the Federal Employees' Retirement System (FERS) is 15%, while those covered by the Civil Service Retirement System (CSRS) are

capped at 10%. Traditional guardsmen contributions are also capped at 10%.

There are differences in the money contributed by the federal government to the program. Technicians covered by FERS receive a 100% match up to the first 3% contributed by the employee, and a 50% match for the next 2%. Technicians in the CSRS and members of the uniformed services do not receive an employer match.

# Senior Airman Ashley Lockhart



**ORGANIZATION:** Wing Finance Office

**JOB TITLE:** Accounting Technician

**MAIN RESPONSIBILITIES:** Currently learning the military pay subject matter area and customer service.

**CIVILIAN CAREER:** Full time student; part time at Walmart pharmacy in Emporia.

**EDUCATION:** Junior at Emporia State University majoring in Elementary Education.

**MILITARY EXPERIENCE:** Two years; 190<sup>th</sup> ARW

**GOALS AND AMBITIONS:** I would like to complete my degree and go as far as I can go in the 190<sup>th</sup> ARW.

**HOBBIES AND ACTIVITIES:** I enjoy being with children of all ages, rollerblading, playing darts, and all types of crafts.

**MOST MEMORABLE 190<sup>TH</sup> MOMENT:** My most memorable moment was the huge welcome I received when I returned from Basic Training...it was Huge! A close second would be my deployment to England last year. What really made England a highlight was that my dad, Jeff Lockhart, was also on the trip. It was my first deployment, first time out of the country, and first time going TDY with my dad.

## Coyote Heritage



This picture of Col. Carl "Curly" Boggs and his daughter Sandy (Col, USAF, Ret.), taken in the early 60's, captures some of the 117<sup>th</sup>'s heritage. The double hangers in the background were a landmark in Hutchinson prior to being torn down in 1965. Col. Boggs was the first commander of the 117<sup>th</sup> (and later the 190<sup>th</sup>). The uniform, flag, and family shown in the picture also highlight the heritage of the Air National Guard.

The Boggs have their own Air Force family heritage as well. Chief Master Sgt. Carl "Pete" Boggs, Jr. is retiring from the 190<sup>th</sup> effective November 1, 2004. Chief Boggs was first assigned to Forbes in May 1976.

Find out more about the 190<sup>th</sup>'s history at the Historian's Intranet site (find it under the Wing HQ menu)

## Promotions

### SrA

Joshua D. Bowser, CES  
Jared A. Hartter, 190 HQ  
Kyle J. Kaberline, SFS  
Michael Tremblay, MXS



### 2Lt

Joe Blubaugh, PA  
Eric Webb, FM



### Maj

Russell Sakati, 117 ARS



### SSgt

Scott G. Bennington, SFS  
David D. Benton, MXS  
Christopher Givens, CES  
Mandy L. Johnson, CF



### Lt Col

Ruston Curtis, OSF  
Aurthur Roveto, 117 ARS



## Enlistments

SrA Crystal M. Cripps - 19 MDG - 12 Sep 04  
SrA Richard Eastridge - 190 MXS - 30 Sep 04  
SSgt Scott D. Gilchrist - 190 SFS - 29 Sep 04  
A1C Jonathan M. Lofgren - 190 LRS - 11 Sep 04  
SrA Jason A. Rich - 190 LRS - 11 Sep 04  
A1C Zachary I. Sapata - 190 LRS - 22 Sep 04  
A1C Brian Shaughnessy - 190 LRS - 28 Sep 04  
A1C Jonathan D. Strong - 190 MXS - 23 Sep 04

## Retirements

CMSgt Carl L. Boggs Jr., 190 LGTM - Retirement Date: 1 November 2004  
SMSgt Harvey L. Deweese, 117 ARS - Retirement Date: 2 November 2004  
TSgt. Michael A. Givens, 190 CES - Retirement Date: 24 September 2004  
TSgt Frank E. Hernandez, 190 MXS - Retirement Date: 12 September 2004  
TSgt Patrick E. Wagner, 190 MXS - Retirement Date: 25 September 2004

## FYI

### First Sergeant Vacancy 190th Medical Group



Submit application packet to CMSgt Teresa Blanchard (MPF) by COB on November 7, 2004.

Application packet shall include a current RIP and Resume.

Individuals submitting a packet for consideration must be a Master Sergeant or promotable Tech. Sergeant.

### Battle in the Barn!



November 6th is 190th night as the Topeka Tarantulas take on the Oklahoma City Blazers in Landon Arena (Kansas Expocentre). The doors open at 6:35 and the match starts at 7:35. Lower level tickets are only \$9. Please call Kevin Drewelow at 861-4535 or email him at [kevin.drewelow@kstope.ang.af.mil](mailto:kevin.drewelow@kstope.ang.af.mil) to order tickets. You may also purchase tickets at the Family Readiness Office.

## Coyote Cafe Menu

### Saturday November 6

#### MAIN LINE:

Meat Lasagna  
Ravioli w/ Tomato or Alfredo Sauce  
Corn  
Green Beans w/ Bacon  
Breadsticks

#### SHORT ORDER LINE

Sloppy Joes  
Mac and Cheese

### Sunday November 7

French Toast  
Pancakes  
Biscuits & Gravy  
Bacon  
Sausage  
Scrambled Eggs  
Hash Browns  
Muffins  
Cinnamon Buns  
Fresh Fruits

*The Sunday "Breakfast for Lunch" meal cost will be \$1.70 (the standard breakfast charge for those that have to pay). Services hopes you enjoy the change for Sunday's lunch.*

### Hotel for November

AmeriSuites

### 190th Chapel Services

Protestant: 0800 - 0830  
Latter Day Saints: 1100 - 1130  
Catholic: 1345 - 1415

The Base Chapel is located on the 3rd floor of Hangar 662.

### Do you have news to share?

The Coyote Log welcomes articles and captioned photos relevant to members and retirees of the 190th ARW. Submissions must be accurate in fact, and will be edited for clarity and length. Articles will be published as space permits.

The deadline for submission is Sunday of the UTA prior to the month the article will be published. Submit articles as e-mail attachments in Microsoft Word format. Photographs must be non-copyrighted prints or 300 dpi or higher TIF or JPG images. Articles and images should be sent to:

[coyotelog@kstope.ang.af.mil](mailto:coyotelog@kstope.ang.af.mil)

# The Coyotelog

AF Outstanding Unit - 2000, 1985, 1979



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THE COYOTE LOG  
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To The Coyote Family of